

Juicy Blueberry Fruit Salad

There's fruit salad, and then there's fruit salad packed with 25 highly absorbable essential vitamins and minerals! A delicious way to plunge into your best health.

Thanks to **CanPrev's Active Multi Drink Mix**, your favourite summer berries are boosted with bioavailable B vitamins, fully chelated minerals, micronutrients, and a delicious juicy blueberry flavour, so you feel the fresh goodness in every bite!



Preparation time: 30 mins | Servings: 6



Ingredients

Fruit base

- 1 pint blueberries
- 1 pint blackberries, halved
- 1 pint strawberries, quartered
- ½ cup orange juice
- Zest of one lime
- 2 scoops Active Multi Drink Mix

Coconut cream

- 1 can of coconut cream
- 1 tsp vanilla extract
- 2 tsp maple syrup
- Pinch of salt

Topping

- Pecans, roughly chopped

Method

1. Wash and cut the berries, and combine in a medium-sized bowl.
2. In a small glass, mix together orange juice, lime zest, and Multi-Mix, stirring until combined. Pour the marinade over the berries and stir well to ensure even coating. Refrigerate for at least 15 minutes.
3. In a small bowl, whisk the coconut cream until smooth. Add in the vanilla, salt, and maple syrup to combine. Freeze coconut cream for about five minutes to thicken.
4. To assemble, remove fruit salad from the refrigerator and give it another good stir. Scoop the salad into serving bowls and add a generous dollop of coconut cream on top. Sprinkle on some chopped pecans and enjoy!

Featured Products



Developed by: Lena Tashjian



Lena is a nutritionist, writer, and recipe developer. She is the author of *The Vegan Armenian Kitchen Cookbook*, which focuses on healthy, authentic vegan dishes.

